



Did you know that it is recommended to eat at least five servings of vegetables and fruits a day? Do you know the difference between a vegetable or a fruit? Let's try:

Is a tomato a vegetable or a fruit?

- A. Fruit
- B. Vegetable

*Challenge #1: A - Eat Fruits and Vegetables
Correct Answer: A - Tomatoes are a fruit.
A fruit is the ripe flower of a plant.*

How many minutes or hours per day should children be energetically active to keep healthy?

- A. 30 minutes
- B. 45 minutes
- C. 1 hour
- D. 2 hours

*Challenge #1: A - Active for 1 Hour or More
Correct answer: C - Kids should be energetically active for at least an hour every single day.
How long have you been active today?*

Did you know that more than half of all 5- to 17-year-olds are engaging in more screen time than is recommended for their age group - which is 2 hours or less?

What counts as screen time? Check all the boxes below that you think count as screen time (you can also select all):

- A. TV
- B. Computer
- C. Smartphone
- D. Tablet
- E. Game consoles

*Challenge #1: S - Screens for 2 Hours or Less
Correct answer: All of the above. All of these devices count as screen time.*

Did you know that half of your body is made of water? That is why water is important and you have to make sure to get enough of it. Can you guess what our bodies need water for? Check all the boxes below (You can also select all) Our body needs water to:

- A. Cool off by sweating
- B. Carry nutrients (like vitamins and minerals) to different parts of our body
- C. Carry waste (like carbon dioxide) out of our body
- D. Digest food
- E. Allow our muscles to contract

*Challenge #1: Y - Yes to Water, No to Sugary Drinks
Correct answer: All of the above. Now you know why drinking enough water is so important!*

How healthy was your lunch?

Food is the fuel you need to move and be healthy. As per the Canadian Food guide, every meal should have vegetables and/or fruits, protein and whole grain foods. Based on the picture below:

What was in your lunch box today?

Take a piece of paper and make three columns:
1. Veggies/fruit, 2. Protein Foods and 3. Whole Grain foods. Now list the items in your lunch box that fall under each of these categories.

If you did not fill all the columns today, try again tomorrow.

Remember that fruits or vegetables don't have to be fresh to be healthy- they can also be canned or frozen.

Let's play the "Find a new physical activity game"

Find an adult who has been on earth for more than 40 years, like Jump! (ex: parent, grandparent, teacher etc.) Ask them what some of their favourite physical activities were to do when they were your age until they've listed one you haven't tried! Ask them to teach you.

There are many fun ways to get your body moving and leave screens aside. Pick one of the below suggested activities - or think of a new one - to play at recess today. After you have played, mark the challenge as completed.

- o Have a 3-legged race
- o Play TAG for 5 minutes without stopping
- o Run, walk or wheel a complete lap of the school yard
- o Teach someone how to jump rope

You can modify each activity YOUR way. For example, complete a wheelchair race, or tie one end of the rope to a bench so you can swing the other end of the rope with your other arm, or move to the music and freeze when the music stops. There are many possibilities!

Which other activities can you come up with?

Here is your challenge for the day: Try not to drink any sugary drinks today, only water and unsweetened milk or plant based beverages.*

**Except for children with diabetes experiencing a low blood sugar*

Challenge accepted? At the end of the day, ask yourself if it was it easy to only drink water? Could you do it again?

If you have completed the challenge and have picked "Y- yes to water, No to sugary drinks" in your Healthy Habit Tracker, you can enter it as a streak in your healthy habit tracker. Simply log into your participant center and count your streak!

Let's play the "I am going on a picnic game" and pack a fruit or vegetable that begins with each letter in the alphabet.

You or a friend/ classmate starts with, "I am going on a picnic and I am bringing an apple". The next person repeats the line and adds a fruit/vegetable from the next letter in the alphabet. Continue playing from A-Z.

Not challenging enough? Try this version:

You or a friend/ classmate starts with, "I am going on a picnic and I am bringing an apple". Whatever letter the fruit/vegetable ends in, is the letter the next fruit/vegetable needs to start with. In this case, apple ends with an "e"- meaning the next player has to come up with a fruit/vegetable that starts with the letter "e".

Did you know that kids who are active for a minimum of one hour daily are more likely to become healthy, active adults?

In order to keep you active, here is a fun game for you:

How many consecutive skips of a jump rope can you do in 40 seconds?

Done? Now try to beat your best number or challenge your parent/ friend/ classmate.

Of course we invite you to modify this challenge YOUR way.

Want to add more fun: For more skipping alternatives, check out the skipping Skill Guide in Additional Resources.

Power's out Challenge

Imagine the power is out all weekend and there are no screens. What activities could you do if the light goes out?

Make a list of at least three activities and share those with your family or classmates!

"Spot the less sugary beverages" challenge

1. Take a piece of paper and draw a glass of water in the middle. Now think about all the beverages you could fill the glass with (Milk, Juice, Soda, Cola...).
2. Next, circle the beverages from your list that you think are low in sugar.
3. Research one or two of your circled beverages with your teacher or parent. Are they really as healthy as you thought?

Tip: Be cautious with artificially sweetened beverages, since they contain no nutrients (and therefore no nutritional benefit), in addition to stimulating a taste for sweet foods and having a high level of acidity.

Welcome to the healthy and yummy breakfast challenge!

To make your breakfast more healthy, top off your breakfast cereal with sliced bananas, fresh or frozen berries, or a handful of nuts for an added boost of energy and vitamins.

For an extra challenge, cook along with Food Network Junior Chef Show-down winner, Audrey, as she prepares a quick and healthy breakfast recipe. Follow the "Easy Bake Cheese Strata" link in Additional Resources.

Play Snakey!

What you need: one or more friends, a parent or classmates.

Two kids wiggle a skipping rope along the floor like a slithering snake. Others try to jump over the snake without stepping on it. Take turns wiggling the rope.

Don't have a rope? Take a scarf instead!

For even more skipping alternatives, check out our Skipping Skill Guide in Additional Resources.

For this challenge you need to know your favorite TV show and your favourite song. Ready?

Turn off the TV at your favourite show time today and get up to create a dance choreography of your favorite song.

Not a dancer? Use cans, containers or pots to create drums and beat to the rhythm of your favourite song!

The exotic water experiment

Water is good for your body and can also be fun for your taste buds. You can add herbs, fruits or yes, even vegetables to it. Try adding fresh, frozen or canned strawberries, blueberries, raspberries, pears, cucumber or even mint leaves to your glass of water. To release the most flavour, try crushing or chopping the fruit/vegetables.

Let's play a game: "Can you guess the flavor of the water?"

Tip: Add different kinds of fruits that you may have in your fridge (they can be frozen too) to different water glasses. Next, find a friend or a parent/guardian, blindfold them and have them try to guess the flavor of each glass. Try as well and see if you have the same favourite!

Welcome to the EASY Challenge!

There are four different challenges awaiting you per EASY healthy habit; from a quiz to a “try something new challenge”, to a fun game and a “try at home” challenge. We suggest printing the game double-sided.

You can play in any order you like. To stay with one habit, play top to bottom. You can also cut the game into squares so kids can randomly select a challenge. Use the Answer Key to check your Quiz Answers.

For more fun: Challenge your family or friends to play with you.

After you've finished, make sure to add a streak into your healthy habit tracker for the day!

Additional EASY Resources

Which Ones are Vegetables and Which Ones are Fruits?

https://secure-support.heartandstroke.ca/site/DocServer/HSK_K-1_Fruits_and_Vegetables_Page_44.pdf

Exploring Healthy Foods

https://hskids.ca/wp-content/uploads/2020/04/K-1_HSK_Healthy_Food.pdf

Easy Bake Cheese Strata

<https://www.youtube.com/watch?v=UvcWgpHR7ns>

Skipping Skill Guide

https://secure-support.heartandstroke.ca/site/DocServer/1_JumpF20_Skills_Posters_EN_Final.pdf